



Raleigh TOTAL LIFE CENTER

January 2020

THEME: BEGINNINGS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A	Happy Birthday Wishes To			Elvis Birthday Music w/ BC	Memory Game w/ PD	Saturday Daybreak at Raleigh TLC
B	Cassandra A. 1/3	Hattie I. 1/7		Exercise w/PD/AW Parachute w/ SW	Exercise w/RG/CB Parachute w/ SW	
C	Leonne D. 1/4	Judy A. 1/31		Name That Tune w/ SL	Chinese New Year W/ SW	
D	Jesse D. 01/05	Corinne M. 1/31		Center Closed	Mental Games w/CM/KT	
	6	7	8	9	10	11
A	Rocking Snowman w/ CM	Women Tea Party W/ KT	Winter Pictures W/ CJ	Health Talk w/CH	International Flower day W/ AW	Saturday Daybreak at Bond Park
B	Exercise w/BC /KT Parachute w/PD	Exercise w/ MV/CB Parachute w/ CB	Bowling w/RG/ CB Staff Meeting	Exercise w/SW/CB Parachute w/ CB	Exercise w/CM/CB Parachute w/ CB	
C	Winter Hat w/ ML	Snowman Day W/ CA	Bingo W/ BC	Mr. Penguin W/ CM	Paper Roll Snowman W/ RG	
D	Mental Games w/AW/BC	Mental Games w/CM/RG	Mental Games w/RG/MV	Mental Games w/SL/CM	Mental Games w/ML/CM	
	13	14	15	16	17	18
A	Music w/ Mr Ruell & Mr. Bishop Wynn	Popsicle Stick Hot Chocolate W/ ML	Celebrating MLK Day W/ C	Hope Church w/Cathy	Bake Club W/ SL	Saturday Daybreak at Raleigh TLC
B	Exercise w/ KT/CM Parachute w/ML	Exercise w/ AW/CB Parachute w/ CB	Kickball w/ BC/ CB Staff Meeting	Exercise w/ KT/CB Parachute w/ CB	Exercise w/CM/CB Parachute w/ CB	
C	A To Z Word Game W/ PD	Sparkly Snow Flakes W/ MV	Bingo W/ CM	Music by Donald & His Friends	Musical Chairs W/ KT	
D	Mental Games w/AW/CJ	Mental Games w/CM/MV	Mental Games w/ML/CA	Mental Games w/AWCM	Mental Games w/KT/ML	
	20	21	22	23	24	25
A	Martin Luther King Jr. Day	Health Talk w/CH	Hot Drink On A Cold day W/ CA	Winter bpainting W/ BC	Paper Plate Penguin W/ SW	Saturday Daybreak at Bond Park
B	Center Closed	Exercise w/RG/CB Parachute w/ SW	Exercise w/BC/CB Parachute w/ SW	Exercise w/PD/CB Parachute w/ SW	Exercise w/ KT/ CB Bag Toss w/CB	
C	Center Closed	Winter Mittens W/ MV	Bingo W/ CM	Winter Snow Gloves W/ CM	Doily Snowman W/ CA	
D	Center Closed	Mental Games w/AW/RG	Mental Games w/CA/RG	Mental Games w/CM/ML	Mental Games w/CM/SL	
	27	28	29	30	31	2/1/20
A	Participant Council w/SR/CA	Cardinal Gibbons High School Students	Fresh Cookies W/ SW	Kareoke W/ BC	Movie Day	Saturday Daybreak at Raleigh TLC
B	Exercise w/ CM/BC Parachute w/ KT	Exercise w/PD/CB Parachute w/ SW	Exercise w/AW/CB Parachute w/ SW	Exercise w/MV/CB Parachute w/ SW		
C	Winter Tree Arts W/ AW	Craft With Sticks W/ PD	Bingo W/ BC	Melted Snowman W/ MV		
D	Mental Games w/AW/CA	Mental Games w/KT/RG	Mental Games w/CM/ML	Mental Games w/SL/CM	Mental Games w/CM/MV	

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:30-10:00 Current Events
 10:00-10:30: Morning Exercise/ Tai Chi
 10:30-11:15 See Calendar **(A)**
 11:15-12:00 Active Game **(B)**
 12:00-1:00 Lunch

1:00-1:45 Individual Activities
 1:45-2:15 Afternoon Exercise
 2:15-3:00 See Calendar **(C)**
 3:00-3:30 Snack
 3:30-4:30 Mental Game **(D)**
 4:30-6:00 Social Time/Music



Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Stella Ray

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